

Recreation Programs for the 2016/2017 Season

Sign-ups on Rhinebeckrec.com

Community Fitness with Kevin Yarnell

This Program consists of circuit training exercises ranging from stretching/yoga, cardiovascular endurance, and core/back strengthening.

Tuesdays from 6:30-7:30p Chancellor Livingston School Gym

Session 1- 9/20/16-11/29/16 10 classes/\$110 or Drop-in \$11/class

Session 2- 1/3/17- 3/7/17 10 classes/\$110 or Drop in \$11/class

Session 3- 3/21/17- 5/3/17 10 classes/\$110 or Drop in \$11/class

Community Fitness Student Boot Camp with Kevin Yarnell

This program is offered to Middle School and High School Students . This program consists of a mixture of circuit training exercises with Tabata training, upper/lower body isometric strength building, and plyometrics.

Mondays from 5:30p-6:30p Chancellor Livingston School

Session 1- 10/17/16 – 12/5/16 8 classes \$88/session or Drop in \$11/class

Session 2- 1/23/17 - 3/27/17 8 classes \$88/session or Drop in \$11/class

Adult Basketball with Patrick Kelly

Tuesday evenings from 7p-9:30p at Buckeley Middle School Gym

Session 1- 9/20/16- 12/20/16 \$40/session

Session 2- 1/3/17- 6/20/17 \$40/session

Youth Basketball with Willie Sanchez

Saturdays beginning 10/29/16 till 2/11/17 at Buckeley Middle School Gym

10 Saturdays at \$40/child

Grades 2-3 9:00a- 10:15a

Grades 4-5 10:15a-11:30a

Grades 6-8 11:30a-1p

Grades 9-12 1p-3p

Recreational Volleyball with Jason Browne

Monday evenings from 7:30p -10p at Chancellor Livingston School Gym

Session 1- 9/19/16- 12/19/16 \$40/session

Session 2- 1/2/17- 6/19/17 \$40/session

Competitive Volleyball with Bob Smith

Monday evenings from 7p-9:30p at Buckeley Middle School Gym

Session 1- 9/19/16-12/19/16 \$40/class

Session 2- 1/2/17- 6/19/17 \$40/class

